Instructions Following Tooth Extractions

No Smoking and No Alcohol
No smoking for a minimum of 48 hours after surgery. No alcohol for 1 week. Alcohol affects the blood's ability to clot and it is best to avoid any alcohol while taking medications prescribed after surgery.

Pain
Mild to moderate pain is normal after surgery. Take medications only as prescribed or instructed by the doctor.
Take Ibuprofen 600 mg. 1 tablet every 6 hours for pain.
Take Extra Strength Tylenol 500 mg. 1-2 tablets every 6 hours for pain.

Bleeding
Some bleeding is normal after any extraction. Bite on gauze pad for 5-10 minutes as needed. If bleeding has not subsided, use a fresh pad for an additional 5 minutes. Be sure to apply gentle pressure to the area. Repeat as needed.

Swelling
Some swelling is normal following surgery. An ice pack applied to your face on the side of the surgery at 5 minute intervals can help reduce some of this swelling. This is important for the first 48 hours. The morning after surgery it is normal to see slightly more swelling than the day before. Restricting your physical activities can help additional swelling. (No swimming or strenuous exercise for 10 days to 2 weeks. Light walking is ok.)

Brushing and Rinsing
Do not rinse or spit for 24 hours! After 24 hours you may rinse with warm salt water (1/2 teaspoon of salt dissolved in a glass of warm water) or if a prescription mouth rinse has been prescribed you should begin using it in 24 hours. Do not brush extraction site. Brush only the areas instructed by the doctor.

Eating and Drinking
Make sure you drink plenty of liquids, i.e. water or juice. Do not use straws, as straws create suction in the mouth that may cause bleeding. Soft foods are recommended, i.e. scrambled eggs, pasta, etc. Avoid getting particles of food in the surgical area.

Remember to call promptly in case of severe pain, excessive bleeding, swelling and or any unusual developments.

PLEASE DO NOT CUT OR ATTEMPT TO REMOVE ANY STITCHES!!!

After Hours Contact:

Dr. Russell J. Cecala: (847) 471-4757